

# SMART GOALS

S

## SPECIFIC

- Explain the importance of being clear and precise in goal setting.
- Example: "Achieve a grade 4 in Maths Resit."

M

## MEASURABLE

- Highlight the need for quantifiable criteria to track progress.
- Example: "Mock exams are grade 4 and above within the next month."

A

## ACHIEVABLE

- Discuss setting goals that are challenging yet realistic.
- Example: "Revise for mock exams 3 days a week."

R

## RELEVANT

- Stress the importance of setting goals that align with larger objectives.
- Example: "Achieve high grades in all subjects to gain the entry requirements for your next destination."

T

## TIME-BASED

- Emphasize the importance of setting deadlines for accountability.
- Example: "Revise for mock exams on Monday, Wednesday and Thursday"



The  
Manchester  
College

**Careers**

Careers, Employability & Welfare Service